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NUTRITION

PROGRAM NEWS

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Action On Teenage Nutrition

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Teenage nutrition activities in three States were the focus of a "talk-in" session sponsored by the Interagency Committee on Nutrition Education at the October 1972 Annual Meeting of the American Dietetic Association in New Orleans, La. The topic of the program was selected to provide a followup to the 1971 National Nutrition Education Conference, which had as its theme "Youth—Nutrition—Community." The National Nutrition Education Conference was jointly sponsored by the United States Department of Agriculture, through its Nutrition Programs Service, and by the Interagency Committee on Nutrition Education (ICNE).

Each year, the ICNE sponsors a program at the annual meeting of one of the following professional organizations: American Dietetic Association, American Home Economics Association, or the American School Food Service Association. The purpose of these yearly sessions is to provide an exchange of information on activities of State nutrition committees and ICNE. Notices of the meeting were sent to all chairmen of State nutrition committees encouraging their attendance and that of other members of the committees at the "talk-in" session. With an ever-increasing number of State, county, and local nutrition committees across the nation, it is important that there be an opportunity for an exchange of program ideas, especially as they relate to nutrition education.

Presiding at the session and representing ICNE was Frances Shoun, assistant chief, Nutrition Section, Division of Health Services, Maternal and Child Health Services, Health Services and Mental Health Administration, U. S. Department of Health, Education, and Welfare. After welcoming the more than 150 people in attendance and explaining the purpose of the "talk-in" session, she introduced the three speakers who were reporting on nutrition activities involving teenagers in their States.

GEORGIA NUTRITION COUNCIL

Ann Ellis, R.D., nutrition education consultant with School Food Service, Georgia Department of Education, described the Georgia Teenage Nutrition Project. This project has been sponsored since 1964 by the Georgia Nutrition Council. It is designed to reach high school youth organizations through involvement of their youth leaders in planning and conducting a State conference on nutrition.

Financial support for this project comes from businesses concerned with production and/or marketing food, as well as from commodity commissions, banks, and professional organizations and associations. With this support, the project is able to conduct an annual statewide conference, pay all expenses of the delegates while at the conference, pay the expenses of the Teenage Nutrition Youth Council representatives who develop plans for the statewide conference, and pay printing costs for brochures, handbooks, and other needed materials.

The major purpose of the project is to identify the nutritional problems of the State's teenagers and to seek solutions to them. The goals of the Georgia Teenage Nutrition Project are:

- To improve the dietary habits of teenagers;
- To develop an appreciation of the food industry and its contribution to our convenient, high-quality food supply;
- To develop an awareness of our dependence on agriculture to provide an adequate quantity of food essential for health; and
- To develop an awareness of careers in food and nutrition services.

The organizational structure of the Georgia Teenage Nutrition Project includes the Teenage Nutrition Execu-

tive Board, consisting of members from the Georgia Nutrition Council, an Advisory Panel composed of leaders and supporters of better nutrition in Georgia, and the Youth Council, which includes one teenage representative from each youth organization participating in the project and one representative for each 15 high school nutrition councils. The primary responsibility of the Youth Council is to plan the program for the annual conference.

Each year, a statewide conference is held during the first weekend in February. The participants in the conference represent statewide youth organizations which have nutrition and/or career exploration in food as a part of their program of work. The youth delegates are selected to attend the conference by their organization.

The first State conference, held in 1963 with the theme "Get Ready, Get Set, Go," brought together approximately 100 representatives from 12 different youth organizations. Since that year, the number of participating organizations has continued to increase. The themes and programs of each conference have reflected the current concerns of teenagers. Some recent themes have been: 1968, "An Eat In—Featuring the Basic Four;" 1969, "Sock it to Me—Here Come Da Food;" 1970, "Up, Up and Away with Nutrition of Today," and 1971, "Nutrition Puts You All Together."

The 1972 conference, with the theme of "Fun Builds the Soul, Food Builds the Body," brought together 200 youth representatives. Youth organizations that participated were Allied Medical Career Clubs, Camp Fire Girls, Inc., Distributive Education Clubs of America, Food and Nutrition Clubs, Future Business Leaders of America, Future Farmers of America, Future Homemakers of America, Future Teachers of America, Georgia Association of Library Assistants, Georgia 4-H Clubs, Girls Clubs of America, Inc., and High School Nutrition Councils.

The State conference program is designed to (1) stimulate interest, (2) provide opportunities for participants to identify problems in teenage eating habits, (3) provide information and suggest activities to improve food habits, and (4) acquaint participants with resources.

Exhibits are a very popular part of the conferences. Each youth organization or high school nutrition council is invited to prepare a display to demonstrate the organization's interest in the Teenage Nutrition Project, in food-and-nutrition-related careers, and in improving teenagers' food habits. The displays are judged on the basis of creativity, subject matter, educational value, and neatness. A trophy is awarded to the youth organization with the best display. Also, businesses, institutions, or professional organizations may prepare exhibits of products that are nutritionally desirable and that have been exhibited in an educational manner.

The program for the 1972 conference, planned by the

Youth Council, dealt with two main topics: How teens can become involved in the school food service program in their high school and in the Teenage Food Habit Survey.

The Teenage Food Habit Survey was planned by the Georgia Nutrition Council as a followup to the 1972 Conference to help teens diagnose their own dietary problems and to provide them with guidance on improving their own food habits. Teen leaders from 74 high schools were trained at the conference to conduct the survey in their school. Approximately 2,000 students from grades nine through 12, from 56 counties, participated in the survey on April 19, 1972.

The results of this survey will be published by the Georgia Nutrition Council during the spring of 1973. A brochure of the results and a packet of current literature on the problems that were identified will be mailed to each high school in 1973. This resource material will enable teenagers to begin a peer nutrition education program as part of a youth organization or a high school nutrition council.

Some of the other activities being carried out by youth organizations in Georgia as a part of the Teenage Nutrition Project are:

- Presenting local television and radio shows on the importance of good food habits.
- Selling nutritious snacks to students at breaks and after school.
- Sponsoring school assembly programs with focus on Teenage Food Habits.
- Working with adult groups to organize community nutrition councils.

DUVAL COUNTY, FLORIDA, NUTRITION COMMITTEE

Frances Hoffman, R.D., nutrition training coordinator with the Division of Health, Florida Department of Health and Rehabilitation Services, reported activities of the Duval County Nutrition Committee "Teenage Nutrition Bowlarama." Florida has a State Nutrition Committee, currently being reorganized and expanded, and 14 local nutrition committees. One of the committees, Duval County, has had a major interest in teenage nutrition for 10 years, specifically in a program called "Youth Power."

Initially, a local steering committee was formed to begin a Youth Power program. At that time, the Florida School Food Service Association was active in statewide sponsorship of the program. Youth Power had a twofold purpose:

- To stress the importance of good nutrition;
- To promote an awareness of food-related careers.

During the first few years of the Youth Power Program in the county, the major activity for students was the preparation and interpretation of nutrition-related proj-

ects. The boy and girl whose projects were most outstanding were named Top Teen Boy and Girl. These winners then attended a State conference along with winners from other local Youth Power programs. Winners at the State level were selected to attend the National Youth Power Congress, then sponsored by the National Food Conference.

After the first year, the local steering committee for Youth Power decided to expand its participation in the program. It formed a Nutrition Committee and acted as local sponsor for the program. In the several years that followed, there was a major increase in participation in Youth Power activities for 10th and 11th grade students by county high schools.

Although Youth Power activities in Duval County expanded during these 10 years, interest in the program in other parts of Florida has waned. For the past 6 years, Duval County has been the only county in Florida participating in Youth Power.

In recent years, the program has been initiated in August by a kickoff luncheon for teachers who were designated as Youth Power coordinators for their schools. At this time, the purpose of Youth Power is explained, and the Top Teen Boy and Girl and project winners from the previous year explain the meaning of Youth Power to them. Resource kits with nutrition materials selected by committee members are distributed to the teachers for their use with students. Throughout the year, teachers are kept informed of activities planned for the students.

Guidelines for Youth Power Committees and for nutrition projects have been developed to state the philosophy, objectives, policies, rules, and criteria for judging. In 1971, about 15 Youth Power participants presented projects for judging. Some of the projects submitted included posters on teenage nutrition and papers on mercury poisoning, malnutrition, phenylketonuria, maternal nutrition, and the use of food additives. The project winner in 1971 was a high school sophomore with diabetes. She had prepared posters that illustrated the physiology of diabetes and then presented talks in several classes on the subject.

In 1970, a college bowl-type program was initiated as a grand finale prior to selection of the Top Teens. The following year, students were invited to suggest an appropriate name for the program. The name selected as a winner was "Nutrition Bowlarama." The "Bowlarama" began with registration and a snack. Students were divided into small groups where a leader, who was one of the Nutrition Committee members, read multiple choice and open-ended questions on nutrition. Each question had an assigned number of points. A student acted as a timer, and a recorder kept score for each student. Student scores were tallied at the end of the session.

In recent years, seminars have been added at the sug-

gestion of the students. Some years, these have included several experts speaking on a variety of topics, from space food to girth control. In the past 2 years, several seminars have been held, with one major theme at each. In 1970-71, the seminars were held at a local hospital following a continental breakfast. The first of these was on Youth Power—Past, Present, and Future. During the second program, Nutrition Committee members relayed information about their own careers, the education required, and opportunities for future employment.

In 1971-72, the seminars were held during the school day and were assigned field trip status. One seminar, on food service careers, started with a tour of a "scramble" cafeteria and its kitchen. This type of cafeteria enables people to select foods and beverages at stations located in various parts of the food serving room, in contrast to passing through traditional food-serving lines. This was followed by tours of a produce company and a meat-packing company, and ended at the Florida Junior College campus where the food technology program and other food-and-nutrition-related careers were discussed.

The second seminar dealt with two current concerns of youth: health foods (including vegetarian diets) and drugs. This seminar was held in the newest high school cafetorium (cafeteria-auditorium). Students sat in a circle on the floor and were served homemade bread and honey, milk, raw vegetables, and fruits as the pros and cons of vegetarian diets and facts about health foods were discussed by the local nutritionist.

With a major decline in Youth Power participation in the last year despite increased planning and publicity, the Nutrition Committee decided to try a new approach. While they have not abandoned Youth Power as an interest, they have placed increased emphasis on reaching teachers. Some programs scheduled for the year include:

- A preschool program on nutrition for home economics teachers.
- Three 1-hour mini-workshops on nutrition open to teachers in any area of science, physical education, or home economics.
- A nutrition seminar open to all area teachers.
- Provision of information on the Nutrition Committee to home economics teachers.
- Encouragement of nutrition projects in the annual science fair.
- Sponsorship of a program on combatting food misinformation for the public and professionals.
- Participation in the career fair for high school youth.

Also, the 1972-73 monthly meetings of the Duval County Nutrition Committee will be held in area high schools at noon, with foods class students serving the meals. With increased visibility and provision of current nutrition information for teachers, the Nutrition Commit-

tee hopes that student interest in nutrition will continue to grow.

TEXAS NUTRITION COMMITTEE

Dr. Barbara Mitchell, R.D., Department of Home Economics, University of Houston, Houston, Tex., told about the teenage nutrition-related activities of the Texas Nutrition Committee. The theme of the 1972 Annual Texas State Nutrition Council Meeting was "Teenage Nutrition Education." The keynote speaker, a sociologist, provided the participants with an insight into the goals and values of a cross section of today's youth.

Later in the day, a panel discussion on current nutrition problems, as seen by four people employed in different types of positions within the State, was held. Then the audience was divided into groups according to geographic area. Each group, with a discussion leader, identified nutritional problems within their district and listed efforts being made to solve these problems. Further steps in solving the identified problems were listed, along with ideas on how to implement these changes. Finally, the groups considered better ways to coordinate resources within the framework of existing organizations.

The ideas were assembled into a master list of ways through which the members felt they could further nutrition education in their geographical areas. This list was later published in the Newsletter of the Texas Nutrition Committee.

The major project described by Dr. Mitchell was started in the fall of 1971. Three objectives of the committee for that year were:

- Emphasize nutrition education programs for teenagers.
- Select two or three reliable nutrition references for purchase as a way of keeping up-to-date professionally.
- Encourage libraries to buy reliable nutrition books.

The Executive Board of the Texas Nutrition Committee decided that a booklist designed to strengthen teenage nutrition education should be prepared. A short, easy-to-use booklist on nutrition that included such information as book title, author, publisher, and price was prepared. Prices for the listed publications ranged from 20 cents to under \$10.

These booklists were distributed from a booth rented by the Texas Nutrition Committee at the Texas Home Economics Association Annual Meeting. The books listed were suggested as suitable for one's personal library, for a departmental bookshelf, or for a school library.

As people accepted the booklist, they were urged to share the list with their school librarian. The suggestion was made that students would benefit from having reliable materials available, and if there were a shortage of funds, perhaps several books could be purchased now and the others later. Each of the eight books on the list were displayed at the booth so that passers-by could see and glance through them to get an idea of what the books contained.

Three other handouts were available at the booth. One was a long booklist intended for college and university level students and for professionals. The other handouts concerned nutrition concepts and vocabulary prepared by one of the committee members for a nutrition education project.

It is estimated that approximately 400 educators and 150 upper level undergraduate students were reached by the booth at the annual meeting. Later, the two booklists were distributed with the newsletter sent to all Texas Nutrition Committee members.

In evaluating the cost of the project, it was found that the major expense was for the booth at the convention hall. Dividing that cost by the number of teachers and college students who accepted one or more handouts, the cost per contact was less than for an eight-cent stamp.

REPORTS FROM STATE NUTRITION COMMITTEES ARE ENCOURAGED

All State and local nutrition committees are encouraged to send information about their programs to the Nutrition Programs Officer, United States Department of Agriculture, Agricultural Research Service, Consumer and Food Economics Institute, Federal Center Building #1, Hyattsville, Md. 20782.